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ON THE RUN

OTTAWA
KIDS
MARATHON



Run Ottawa



EVENT REPORT

OTTAWA KIDS MARATHON

By Joe Du Vall

The Ottawa Race Weekend is pleased to announce details for the 2010 edition of the Ottawa Kids Marathon, an event to be staged on Sunday morning, May 30, starting at 8:00 a.m.

Once the Ottawa Marathon gets underway at 7:00 a.m., the race crew starts to prepare for the Ottawa Kids Marathon. Two thousand youngsters under the age of 11 are expected to be at the start line on Elgin Street to run 1.2 kilometres to the finish line on Queen Elizabeth Driveway where runners in all the other events on the weekend complete their races.

While the actual Ottawa Kids Marathon is what all the participants have pointed to for weeks prior to Race Weekend, it also represents the culmination of a lengthy training program. Part of the experience is a commitment for each youngster to complete the equivalent of 41.1 kilometres in the months leading up to Marathon Sunday and log workouts on a tracking sheet that can be downloaded from the Run Ottawa website. To make it simpler, all information is available from the Ottawa Kids Marathon link on our home page at www.runottawa.ca.

This includes online registration through EventsOnline.

Participants can be part of their school group, organized by a teacher or parent volunteer, yet individual registration is also possible. Everyone receives a race number, souvenir timing chip, T-shirt and post-race refreshments. We expect this event to sell out again this year, so register now.

You may contact our office at operations@runottawa.ca or 613-234-2221.



ROC BUS TRIP TO UTICA BOILERMAKER

By Joe Du Vall

A sign that summer is not far down the road is the annual Boilermaker 15K Road Race to be held in Utica, N.Y., on Sunday, July 11.

The Run Ottawa Club will once again be organizing a bus to the race that will include transportation and accommodation (double occupancy only). More details will follow soon, posted on www.runottawaclub.com in coming weeks.

The Boilermaker is one of the largest road races in the eastern United States, known for its community participation, enthusiastic spectators and a very festive post-race scene at the Matt Brewing Company.

Information on the event can be found at www.boilermaker.com.



Coming events

SUNDAY, APRIL 18

OTTAWA PHYSIO RACE. Sponsored by KineMedics/PSI Physiotherapy. 5K and 10K races. Individual, team, wheels in motion, Special Olympian and family events. Information and entries at www.runningroom.com.

SATURDAY, APRIL 24

RUN TO END MS, Cornwall, ON. Half marathon, 10K, 5K races plus 1K kids run (free). Information at www.mssocietycornwall.info/?p=126; Patrick Clarke at patrickclarke19@hotmail.com.

SUNDAY, APRIL 25

24th MINTO RUN FOR REACH. Individual and team entries. Half marathon, 10K, 5K races. Half marathon starts at 8 a.m. Information and entries at www.runningroom.com. For details contact Melissa Rose at melissarose@reach.ca.

LIMESTONE CITY HALF MARATHON, Kingston, ON. Presented by Kingston Road Runners Association. Also 5K race. Information and entries at <http://www.krra.org/half/half.php>.

SATURDAY, MAY 1

AAIA RUN/WALK. 10K, 5K, plus 2K family scamper races at Tunney's Pasture. First start at 9:30 a.m. Details from Monika Gibson at ontario@aaia.ca, or 1-800-258-2010. Information and entries at www.runningroom.com. AAIA stands for Allergy/Asthma Information Association.

14th DIEFENBOOKER CLASSIC. 9 a.m. start at Carp Fair Grounds. It's a community event promoting an active lifestyle. Program includes 10K and 5K races, including team entries in 5K. There are also 5K, 18K and 33K cycling races, a 1K run for kids under 12, plus the Loonie Loop (100 metres) for kids under 6. Information at www.diefenbooker.ncf.ca.

CUMBERLAND DUATHLON and relays. Information and entries at www.somersault.ca.

SUNDAY, MAY 2

PLACE D'ORLEANS HALF MARATHON, 10K, 5K, plus Austin Wylie Kids May Day 1K. Information and entries at www.somersault.ca.

CBI HEALTH HUSTLE FOR HUNGER. 10K and 5K runs, 3K run/walk. 9 a.m. start. Proceeds to Ottawa Food Bank. Information and entries at www.runningroom.com.

SATURDAY, MAY 8

INNOVAPOST SHARE THE POWER OF A WISH. 10K walk/run, 5K walk/run, 1K kids walk/run, plus corporate, family, school teams. Information and entries at www.runningroom.com.

TUESDAY, MAY 11

BEAVER CHASE SERIES opening race, 1 mile or 4 miles through Kanata's woods and glades. This is a Run Ottawa Club event. Four runs in series – May 11, June 8, July 13, Aug. 10. Sponsored by Bushtukah Great Outdoor Gear. Registration and post-race food/ale at Kanata Legion, Hines Road.

Take March Road from March-Eagleson Hwy 417. Turn left from March at Solandt Road then right on Hines. This is old-fashioned, low-tech running. Sign up at Legion before race time at 6:30 p.m. You get a shout to start, your time is called out as you cross the finish line, you record your time at registration desk. Nominal entry fee. T-shirts for those completing three of four races. Information from Joe DuVall, operations@runotawa.ca or www.runottawaclub.com.

SATURDAY, MAY 15

COLONEL BY CLASSIC 8K, 3K, Wylie Ryan Dow's Lake 1K. Information and Entries at www.somersault.ca.

EARLY BIRD TRIATHLON, DUATHLON and relays. Information and entries at www.somersault.ca.

SATURDAY AND SUNDAY, MAY 29-30

RUN OTTAWA RACE WEEKEND with Ottawa Marathon Sunday, May 30 at 7 a.m. Half marathon at 9 a.m., kids marathon at 8 a.m.

Saturday, May 29 10K starts at 6:30 p.m., preceded by 5K at 5 p.m. and 2K family run at 4 p.m. Pfizer Health and Fitness Expo in the Aberdeen Pavilion, Lansdowne Park, opens Thursday May 27 from 4-8 p.m. Friday 10 a.m.-8 p.m., Saturday 9 a.m.-4 p.m. Expo is free and open to public. Full information about Ottawa's biggest running event at www.runottawa.com. Enter at www.eventsonline.ca or www.runningroom.com.

SATURDAY, JUNE 12

BARRHAVEN RUN FOR ROGER'S HOUSE. 5K and 10K events plus 100-metre Tot Trot, 2.5K

family run/walk. Benefits Roger's House, palliative care residence for children at CHEO. Information at www.barrhavenrun.ca.

BRITANNIA BEACH 3K and 5K run, plus 1K kids run. Information and entries at www.somersault.ca.

SATURDAY JUNE 19

EMILIE'S RUN FOR WOMEN. 5K at Aviation Museum, plus 1K kids run. Information and entries at www.somersault.ca.

SUNDAY, JUNE 20

SMITHS FALLS FIGURE 8 - 5K run, plus 2K kids run. Information and entries at www.somersault.ca.

THURSDAY, JULY 1

24th ANNUAL CANADA DAY ROAD RACES, Kanata. This is a Run Ottawa Club event sponsored by Bushtukah Great Outdoor Gear. 10K starts at 8 a.m. 5K starts at 8:45 a.m. There's a 100-metre tot trot for kids four and under at 9:30 a.m. and a 1K kids fun run at 9:45 a.m. for those 5 to 11. It all happens starting at Earl of March High School, 4 The Parkway, Kanata. Enter online at www.eventsonline.ca. Kit pickup and registration at Bushtukah Great Outdoor Gear on Monday, June 28, noon to 6 p.m. and Tuesday, June 29, from 4 to 6 p.m. Also at Earl of March High School, Wednesday, June 30, from 3 to 6 p.m. No race day registration. Kit pick up only on race day 7 to 8:30 a.m. Event in support of Kanata Food Cupboard. Contact Joe Du Vall, operations@runottawa.ca.

SATURDAY, JULY 3

MIKE COLLINGWOOD MEMORIAL TRIATHLON. 8:30 a.m. start at Meech Lake, Gatineau Park, Que. Information and entries at www.zone3sports.com.

SUNDAY, JULY 4

SYDENHAM LAKESIDE 5K and 10K run. (Near Kingston, ON). Information and entries at www.somersault.ca.

SUNDAY, JULY 11

CARLETON PLACE HERITAGE 5K and 10K runs, plus kids 1K. Information and entries at www.somersault.ca.

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Coming Events (cont'd)

SATURDAY, JULY 17

MITSUBISHI CITY CHASE. Two-person teams navigate point to point, over four to six hours. Start at 10 a.m. Information and entries at www.runningroom.com.

SUNDAY, JULY 18

HINTONBURG CENTENNIAL 5K. Starts at Parkdale Market Park. 9 a.m. start for 5K. Kids 1K starts at 9:15 a.m. Full day of celebration at the park from 10 a.m. to 4:30 p.m. Information and entries at www.runningroom.com.

WEDNESDAY, JULY 21

NO FRILLS 10-mile road race and 11K fitness walk. This is a Run Ottawa Club event, an evening race that starts at 6:30 p.m. on Morningside Lane in the Central Experimental Farm. Benefits Friends of the Farm, an organization that helps Agriculture Canada promote the Central Experimental Farm and its varied programs. The race follows a three-loop course along Farm roadways and pathways. Race is supported by Sports 4, Friends of the Farm and the Central Experimental Farm. Entries at www.runottawaclub.com.

SATURDAY, JULY 31

NATIONAL CAPITAL 5K and 10K runs. Information and entries at www.somersault.ca.

Coming Events is compiled by Jim Robb, robbe171@rogers.com.

EVENT REPORT

COME TRAIN AMONG THE TREES

By Chris Jermyn

The Run Ottawa Club organizes weekly training sessions on Tuesday nights at 6 p.m., open to members of all abilities. We meet at the Arboretum parking lot off Prince of Wales Drive.

Training takes place at various locations, including the Arboretum, along the Rideau Canal and through the Central Experimental Farm. The group is primarily made up of half- and full-marathoners of various abilities. Training sessions are also social events that accommodate runners with different goals and degrees of experience.

All members are welcome.

We are currently training for spring marathons and half marathons with some 10K events being used for tuneups. The Ottawa Race Weekend is the goal for most people in the group.



The training plan was developed by Paula Burchat, an ultrarunner who has competed on the Canadian National 100K team and who is a Registered Massage Therapist who has travelled as a team therapist with Athletics Canada to international competitions. The training schedule is geared to fit those who participate. It is not a generic plan. It incorporates all aspects of long-distance training... long slow distance, speed, tempo and hills. Technique and proper development are key components to help runners avoid injury and reach their goals.

“ Training sessions are also social events that accommodate runners with different goals and degrees of experience. ”

We do tempo, speed work and hills, while focusing on technique and proper pace development. In the last two years many group members have achieved personal bests and qualified for Boston by following the program.

If you have any questions about the Run Ottawa Club training program, please contact Paula Burchat by email at paula@balanceandmotion.ca.

We are also developing a plan to get coaches trained and for setting up training groups in other areas of the city. We would also like to offer a second weeknight of training this year. However, that will depend the number of people interested in attending. If you have any suggestions for this or would like to set up a training group or need assistance with your own training, please contact Paula Burchat.



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EVENT REPORT

SCARY DREAMS CHASED AWAY BY GREAT CONDITIONS: 2010 RICHMOND ROAD RACES

By Joe Du Vall, Race Director

RICHMOND, Ont. _“So, Mr. Du Vall, (may I call you Joe?), please initial beside the date and guarantee of good weather, the payment to me (Beelzebub) and sign at the bottom of this document. And remember, when it comes time to collect, I don’t want to hear that your fingers were crossed.”

As I reached for the white quill pen and dipped it into the red ink well, the alarm went off and I got up like a shot.

“ Richmond continues to be a favoured race of the 30-something and over-age demographic. ”

The deal with the devil was merely a scary dream, but some mornings over the last 28 years, a favourable weather report was just as important as anything else that pertained to organizing the Richmond Road Races.

Those who came out to run the 5K or 10K on Sunday, Jan. 17 were greeted with great conditions which set the table for the rest of the morning. There were good numbers in both races and a strong volunteer contingent from South Carleton High School, Richmond Lions Club and several who come back each year to lend a hand in various capacities.

Now let’s get to the races.

Although winter races do not attract the younger set, two of the top three places in the 5K, men and women’s division were turned in by teenage harriers. Sam Milliken hit the finish line in 17:00, followed closely by Thor Stewart in 17:10, while the non-youthful Harold Walker at 45 years gave the young bucks a scare to come in third at 17:18.

The women’s race was won handily by Johanna Brown in 18:31. Jasmine Viau captured second in 21:21, and Aimee Sutton was third in 21:50.

The 10K race was won handily by Merrickville’s Pat McNeely in 37:07 while the battle for second and third was a little closer as Paul Turner in 37:46, clipped Kurt Stolberg at 37:49. A grizzled veteran with many years of racing under his belt, Turner, now in his 50s, can still run 3:47 per kilometre in January. Impressive to say the least.

Judy Andrew Piel took the women’s crown with a 41:15, with Sherry Carson at 41:25 in second and Tonja Leach in 42:18 rounding out the top three.

Richmond continues to be a favoured race of the 30-something and over-age demographic. Only about 12 percent of the total field of runners in both races were under 30 years of age. And I don’t know what we race organizers are going to do if women get tired of doing races since they comprised 51 percent of all runners at Richmond.

Kudos to Doug Arnold for completing his 28th Richmond 10K while Dave Pedley and Roseanne Wilson hit the quarter-century mark.

A strong, dedicated crew of volunteers continues to lend a hand and allow the Richmond Road Races to hum along without many glitches -- at least ones you don’t see. The race crew of Bill Williams, Derek Rogers and Jim Robb took care of timing, route logistics and registration with nary a glitch of any consequence. Several folks stepped forward to help with kit pickup at Bushtukah the day before the race or lend a hand on race day and are as follows:

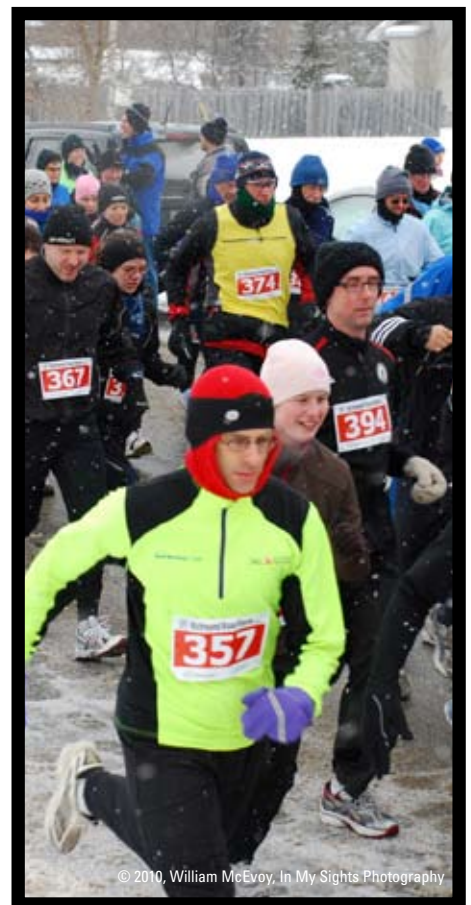
Doug and Martina McGinn, Bill Horne, Harold Walker, Vicki Plant, Dina Salvador, Nancy Morrison, Karen Von Jagow, Katrina Edwards, Phil Tughan, Janice Tughan.

Kitchen and Food Preparation: Joyce Pedley, Diane Williams, Katrina Edwards, Vanessa Burn.

Route Volunteers: Bob Cumming, Dina Salvador, Carol Sinclair, Dave Morton, Sheila Payne, David Stinson, Sam Maviglia, Angela Armstrong, Susan Rogers, Jim Murphy, Simon Stafford, Allie Carson, Zack Dano, Darren Kendall.

Finish Line – Glendon Pye, Ken Trischuk, Ian Woodcock, Ryan Cameron.

Special mention to the folks at Bushtukah store in Westboro, who have stepped forward to sponsor not only the Richmond Road Races but also the Run Ottawa Beaver Chase Series, Canada Day Road Races in Kanata and the Jim Howe Memorial Cross Country races for the next three years.



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EVENT REPORT

RICHMOND ROAD RACES: A RUNNER'S TALE

By Dev Paul

So, what's so great about this race and other Run Ottawa Club events:

- » They are low key.
- » The courses are accurately marked and certified... no double and triple guessing the distances post race.
- » Nice old fashioned "shout out the bib number timing."
- » You get a nice T-shirt and meal, all for under \$40 at Richmond.
- » There is always a solid crew of hard-core runners going full throttle. Plenty of guys to key off.

I've been running my standard 50 to 60K per week, pretty well my weekly average during the last four years, and doing some hard stuff on skis and indoors, so cardio fitness is pretty good as well as the legs.

One of my goals is to run 36:59 by the end of the year; my best last year was 37:15.

It is early in the year, and I'm six or seven pounds above peak race weight, and have done only two speed sessions, so I figure I'd try to get a baseline for the season and work at it over the course of the St. Patrick's Day 10K, Run for Reach, Kenya Run (A.Y. Jackson School event in May), MADD Dash and Cookie Run. I get five more shots at the 10K distance during the next 10 months, so here goes!

Before the race, I was warming up with a few 70-year-old guys who told me the secret is "Don't get injured and don't stop running." At 44, I felt like a teenager.

I really did not know how fast I could run on Sunday. Maybe under 40 minutes, maybe under 39, and if the weather was good, maybe a low 38-minutes pace.

Ah, but the clock does not lie. A group of us settled into a comfortable pace. At 1K the clock said 3:50. "OK, that was easy. 3:48 is 38 min pace... maybe this is possible."

But by 5K the race clock said 19:15. At that point I thought we'd be hard pressed to break 39 minutes. I had a good pace going with my friend Olivier Mouyou. Dan Contant from Cornwall, fresh off a study Ironman in Kona, Hawaii, 45-49, is in our group too, so nice company in the top 10.

Fortunately, the second half was tailwind and more downhill. The speed picked up while the perceived exertion stayed constant for a while. But by 7K it all became a blur. My good friend, "Jerome," the 800-lb gorilla just hopped on my back for a lift to the finish.

He always shows up at 7K.

At this point, there are two ways to end the pain. Run faster and get it done, or try to run slower to turn it off. The problem is that you'd have to go from 3:45 pace to 4:30 pace to 'turn it off', but really it does not switch off unless you walk!

The solution... try to run faster to end the pain earlier.

At 9K my clock said 33:20. I'm not exactly sure how I did the math while I had tunnel vision with an 800-lb gorilla on my back, but I concluded that I had to run 3:39 final K to break 38. "Surely this is possible!" I thought, and immediately tried winding it up, but hit terminal velocity within three strides.

Final sprint to finish. The clock reads 37:59... but that may have been an illusion.

Final time 38:01. Next time run two seconds faster.

(Dev Paul is a local athlete who is passionate about the triathlon as a whole but no less so for its individual components as he has competed in running, biking and cross country ski races since the early 1980's. Dev also hosts several training outings to assist athletes in the rigours of preparing for iron distance triathlons events and others too numerous to mention.)

I THINK WE HAVE AN EXCELLENT GROUP OF VOLUNTEER BOARD MEMBERS, WHO ARE:

JOHN HALVORSEN, President

WENDY WAGNER, Vice-President

MANNY RODRIGUES, Treasurer

DAVE PALMER, Club Services Director

MOIRA MCDONALD

RAINER BLOESS

KIMOTHY WALKER

DAN ROACH

HEATHER BOYD

CARL MARTIN

HERE IS THE PROFESSIONAL STAFF WE NOW HAVE TO HELP US GROW:

MAIN PHONE NUMBER: (613) 234-2221

JIM ROBINSON:

info@runottawa.ca (ext. 500)

SUSAN MARSH-MARCONI:

media@runottawa.ca (ext. 501)

JOE DU VALL:

operations@runottawa.ca (ext. 502)

RYAN CAMERON :

ryan@runottawa.ca (ext. 503)

The board and staff of Run Ottawa are here to help answer questions and listen to your ideas and concerns. As an organization I believe we have great potential, but our success will depend on people volunteering a small amount of time, perhaps at a race, to enhance what we do.

Thanks,

John Halvorsen